



Phase I Reopening Guidance for Gyms and Fitness Centers in Response to COVID-19

May 11, 2020

Working together, Montanans have succeeded in limiting the person-to-person spread and impacts of COVID-19. This has presented an opportunity to begin a phased reopening of businesses that were previously required to be closed. Gyms and fitness centers are allowed to reopen with the following **requirements** for Phase One, beginning **Friday, May 15, 2020**:

1. Operate facility at **50% of capacity (as determined by fire marshal)**.
 - a. Allow only registered members to use the facility. Do not provide day passes or allow walk-in use of the facility.
 - b. Have a front-desk attendant track occupancy to ensure maximum occupancy does not exceed 50%.
2. **Post signage** identifying restrictions where it can easily be seen by members, such as the front door, front desk, in workout areas and locker rooms.
 - a. Use the following, or similar, wording on the signs: “Members with fever, shortness of breath, a cough, or other COVID-19 symptoms must refrain from using the facility.”
 - b. Position other signs on locker room doors with wording along the lines of, “Observe physical distancing while using this facility. No loitering in common areas.”
 - c. Post signs throughout workout areas reminding patrons to wipe equipment after each use.
3. **Maintain physical distancing.**
 - a. Close seating areas.
 - b. Maintain 6-foot distance between exercise equipment, or limit use to every other machine.
 - c. Maintain 6 feet of separation among guests using free weights, except when a spotter is necessary. In this instance, limit workout groups to two people.
 - d. Require physical distancing must be maintained in dressing rooms and other common areas. No congregating in these areas may be allowed.
4. **Offer personal training sessions** with strict adherence to physical distancing guidelines; encourage use of cloth face masks by the trainer and trainee.
5. **Group classes:**
 - a. Do not hold indoor classes.
 - b. Offer outdoor classes only with strict adherence to physical distancing guidelines. Avoid groups of more than 10 people in circumstances that do not readily allow for appropriate physical distancing.

- c. Allow additional time between group classes outdoors so that a designated gym employee can disinfect any equipment and other cleanable surfaces before the next class begins.

6. Routinely clean and sanitize all surfaces touched by employees and members.

- a. Have dedicated staff available during operating hours to wipe down frequently touched areas on a regular basis, and monitor gym zones to ensure that users are wiping down equipment properly.
 - 1. Use the cleaning agents that you usually use in these areas, and follow the directions on the labels.
 - 2. A list of sanitizers effective for COVID-19 is located on the EPA website: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>. Be sure to strictly follow specified contact times and mix rates.
- b. Provide an approved sanitizer for cleaning equipment after use at stations throughout the workout areas, along with disposable towels.
 - 1. Do not use reusable towels to clean equipment.
- c. Clean the establishment after closing using an EPA-approved disinfectant. Twenty-four-hour establishments must close from 11:30 p.m. to midnight for proper disinfection.
 - 1. Develop a checklist to ensure that no equipment is missed during disinfection. Checklist should include large items, such as treadmills, and smaller items, such as weights and bands.
- d. Frequently touched surfaces must be cleaned and sanitized regularly throughout the day and disinfected each night after closing.

Lewis and Clark Public Health has the following **additional guidance** to help protect staff and guests from disease.

- 1. **Develop a written plan** to manage Phase One operations. Be sure to address any issues unique to your operations and location.
- 2. **Assess the health** of all employees at the beginning of each shift. Send home anyone with respiratory symptoms.
- 3. **Implement engineering controls** as appropriate for your business. These might include installing physical barriers, such as clear-plastic sneeze guards between staff and members.
- 4. **Support respiratory etiquette and hand hygiene** for employees and members:
 - a. Strongly **encourage the use of cloth face masks** that fully cover the mouth and nose for employees and members.
 - b. Provide tissues and no-touch disposal receptacles throughout the facility.
 - c. Provide hand-washing facilities with soap and water and single-use towels.
 - d. Place hand sanitizers with at least 60% alcohol at front desk and at stations throughout the workout area.

If you have questions or need technical assistance, please call Lewis and Clark Public Health at 457-8900. Thank you for protecting our community from COVID-19.

For a link to this document and other local information: www.lccountymt.gov/covid-19

If you suspect Coronavirus, contact your medical provider.